

\$2

DECEMBER 1, 2023 | VOLUME 14 | ISSUE 25

YOUR PURCHASE BENEFITS THE VENDORS.
PLEASE BUY ONLY FROM BADGED VENDORS.

Groundcover's third open mic showcases vendor talent, entrepreneurship. **Page 6**



MEET YOUR
VENDOR:
**SHELLEY
DENEVE**
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GROUNDCOVER

NEWS AND SOLUTIONS FROM THE GROUND UP | WASHTENAW COUNTY, MICH.



Ignoring car
camping as
homelessness can
be deadly.
page 5

Erick Brown, Groundcover vendor No. 617, has been sleeping in his car since his RV broke down.

THIS PAPER WAS BOUGHT FROM

venmo



@groundcovernews, include vendor name and vendor #

from the **DIRECTOR'S DESK**



In response to the pandemic — and the digitizing of life as we know it — people stopped carrying cash. To adapt to this change, in 2021, Groundcover News launched an organization-run Venmo account to extend the opportunity of cashless payment to all Groundcover vendors. There are many barriers to using these applications — such as having a smartphone, bank account and even government ID — but there are even more benefits for those who participate.

Not many post-pandemic customers know that long before 2021,

Groundcover vendors were accepting cashless payments on their own independent accounts.

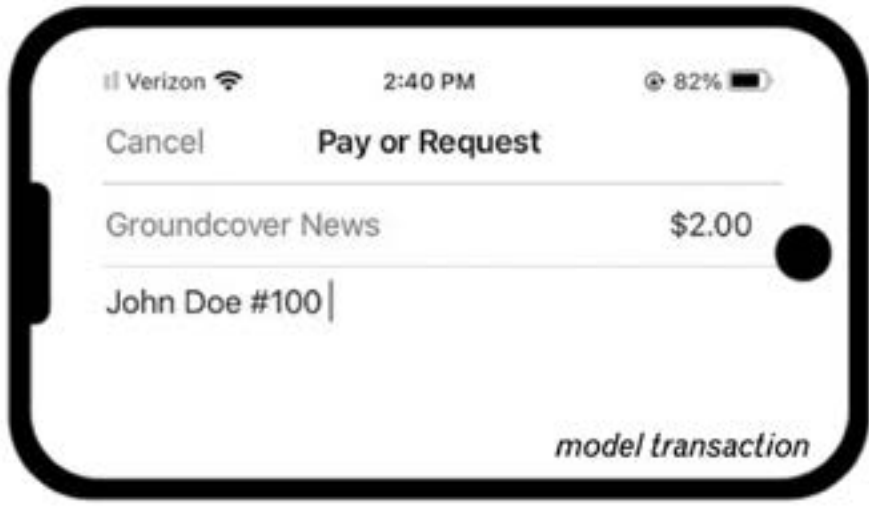
Since the launch of the Groundcover Venmo, I have gotten occasional reports from vendors that customers are resistant to paying for their Groundcover newspaper on personal Venmo, CashApp, Square or PayPal accounts. Every now and then I get questions from customers about whether it's okay to “bypass” the Groundcover Venmo and pay the vendor directly.

I wanted to say it in print so there's no question that — YES — it is not only okay to pay vendors on personal cashless accounts, it is encouraged.

Here at Groundcover News, we celebrate the independence and entrepreneurial spirit of vendors who invest in the tools that make purchasing Groundcover News more accessible and safe. We recognize the extra effort it takes to manage digital income and appreciate vendors who take that burden on.

All that being said, I'd be remiss if I didn't note ... cash is still king.

**DO YOU PAY FOR
GROUNDCOVER NEWS WITH
VENMO?**



Make sure to include name and vendor number before clicking "Pay." Money goes directly to vendors *only* if attributed correctly.

GROUNDCOVER NEWS

CREATING **OPPORTUNITY** AND A **VOICE** FOR LOW-INCOME PEOPLE WHILE TAKING ACTION TO END HOMELESSNESS AND POVERTY.

Groundcover News, a 501(c)(3) organization, was founded in April 2010 as a means to empower low-income persons to make the transitions from homeless to housed, and from jobless to employed.

Vendors purchase each copy of our regular editions of Groundcover News at our office for 50 cents. This money goes toward production costs. Vendors work selling the paper on the street for \$2, keeping all income and tips from each sale.

Street papers like Groundcover News exist in cities all over the United States, as well as in more than 40 other countries, in an effort to raise awareness of the plight of homeless people and combat the increase in poverty. Our paper is a proud member of the International Network of Street Papers.

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MEET YOUR VENDOR



Shelley DeNeve, vendor No. 22

In one sentence, who are you?
Shelley Koch Mann DeNeve. Free spirit!

Where do you usually sell Groundcover News? Churches: Trinity Lutheran, Zion Lutheran, St. Aiden's Northside Presbyterian, Church of the Good Shepherd.

When did you start selling Groundcover? September 2010. I'm vendor No. 22!

What words do you live by?
Live, love and laugh. Rollerskate through life.

What's the worst/best thing about selling Groundcover News?
Worst: not knowing how much you'll make. Best: getting someone to buy Groundcover.

What is something about you someone on the street wouldn't know? That I'm a “townie.”

What would be the first thing you'd do if you won the lottery?
Buy a new car. Then drive to places to pay off debts in cash.

If you had to eat one meal for the rest of your life, what would it be?
Spaghetti.

What was your first job?
A&W car hop.

What's a small thing that makes your day better?
Things going as planned.

What is your pet peeve?
People who lie.

If you could do anything for a day, what would it be? Go to Mall of America or Shipshewana and have enough money to spend.

What change would you like to see in Washtenaw County? More affordable housing — housing for people who are hard to house.

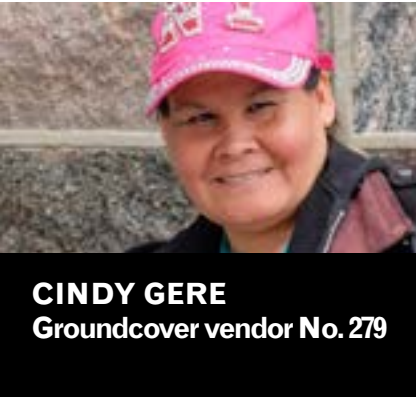
From the desk of Panda: Seasonal Affective Disorder (SAD) and how I deal with it

This one disorder affects millions in the North. I used to get into a deep depression because of the lack of sunlight.

Sun lamps are very intense beams of artificial full-spectrum light that positively affect the mood of a person. But such lamps can cost a lot of money. My alternative is a five-finger death punch to SAD using vitamins:

- The first is magnesium which helps with muscles and tissues by opening up blood vessels.
- The next is vitamin D3 which I call liquid sunlight.
- The third is B complex: this one helps to uplift emotions in a positive light.
- The fourth is vitamin C: an antioxidant known helping for emotional balance.
- The last one is vitamin E: I take only 200 milligrams per day.

This keeps me strong in the darkest part of the winter. Emotional health is extremely important to me, not just because of the fact I suffer from SAD but because of my disability of fetal alcohol syndrome (FASD) — which was totally



CINDY GERE
Groundcover vendor No. 279

imposed upon me as a result of governmental policies from the 1920s. Before that time, in the Native culture, women did not drink; it was utterly shamed and called taboo. You never engaged in those things. Native people lack two enzymes (ADH and ALDH) that allow us to process alcohol.

Government policies allowed for people from outside to bring in gas stations or other businesses, and they allowed them to sell alcohol. My grandmother didn't drink; but by my mother's generation, she did. Once that barrier was broken, all bets were lost in every Native nation. The policies are in fact

killing off tribal nations (and all land will go back to Big Brother).

Psychiatry has also contributed in a negative way to Native people's self-esteem. Changes in the way the field labels people with mental illness have gone from very clear to now diluted. This keeps people confused — but confusion is good for a multi-billion dollar industry: the more drugs the more money.

My own experience was having a mental health worker try and give me lithium for FASD. I took the scrip and then tossed it. Hardcore drugs for mild issues are not for me — ever. I just choose a different path with vitamins that for me keep my issues low.

The change in what ADD is called is very disorienting for me; to me, this is covert psychology and shows that people don't care about others. For me, not to be involved with the power of freedom in the mental health field matters. Without the freedom to choose we go right back to the controlled asylums.

Glen Page is a DIY guy

GLEN PAGE
Groundcover vendor No. 407

I don't know about anyone else, but I have totally turned into a complete do-it-yourself guy on every level, at every turn and twist. I have always had fun with arts and crafts. My clothes, my food and my vehicle will reflect the same trademarks, as will everything I own, pretty much.

Sometimes it's about comfort and function when it comes to how I dress myself or redesign something. So if I ever make it to celebrity status and walk the red carpet, when they ask, "Who are you wearing?" I'd be forced to say, "Glen." You dig? Individuality and self-expression, is really it's all about me.

I might look a little younger than my age, I don't know. I was born in '66, and I grew up a TV baby so I've got a lot of different kinds of collages in my head to reflect on or to

pull from. The thing is, it continues to grow with each thing I see that sparks my interest and strikes me the right way. I've got to feel it or otherwise it ain't happening.

At the end of the day, the journey always makes things a little more interesting for me to vibe to.

A lot of what you will see me doing is strictly for convenience, comfort and function. These days I've been focused on hands-free ways of traveling. That seems to be working out pretty well but I think that maybe I have blurred the fashion lines a little. It's difficult to explain but you can best believe that I'm looking out for new toys to play with. I have prototypes I haven't even started yet.

The response I get from people on the streets is my reward for the most part, that and knowing that I can do it again. It's another way for me to express myself — all good, clean fun! Be warned, the minute I

see folks biting my style, I'm going to infest the area with a lot more to chew on. I've always had a small bunch of people who notice what I do and like it enough to try it for themselves — little trend-setting ideas more or less, the right place at the right time.

So there it is: when you see Glen Page, vendor No. 407, if you've got an idea you think might be worth testing out, run it by me and I will see how I can work some magic. It all starts with an idea, a thought — write it down or just come kick with me we can give it a go. All you have to do is paint the picture with me. When you're trying to rock a concert, crowd participation is everything, you dig? I do! So all suggestions are welcome! But try to have something explainable or understandable. Genius is usually very simple, very basic, in other words, easy to explain.

GROUNDCOVER NEWS ADVERTISING RATES				PACKAGE PRICING
Size	Black/White	Color	Dimensions (W x H in inches)	
1/8	\$110.00	\$150.00	5 X 3 or 2.5 X 6.5	Three Months/Six Issues: 15% off
1/6	\$145.00	\$200.00	5 X 4	Six Months/Twelve Issues: 25% off
1/4	\$200.00	\$265.00	5 X 6.25	Full Year/Twenty-four Issues: 35% off
1/2	\$375.00	\$500.00	5 X 13 or 10.25 X 6.5	Only run for two weeks/one issue: 40% off
full page	\$650.00	\$900.00	10.25 X 13	Additional 20% discount for money saving coupons

Me and my RSD (Rejection Sensitivity Dysphoria)

It happened again last night. At work, I made a mistake and my coworker got mad at me. Some people may have snapped back and let it go. Or they may have completely ignored his behavior. For someone like me, it's not that simple.

After his comment, I felt the flush of shame most people feel when they make a mistake. Usually, it ends there. For me, it escalates. I became more and more upset and angry. I started to argue back. At one point I became so dysregulated I felt like running out of the building and never coming back. This is because I have a condition called Rejection Sensitivity Dysphoria.

In my adult life, I have had nearly 100 jobs. That's a conservative estimate as I have been in the workforce since 1983. Each time I quit a job it was because a supervisor was too harsh or a coworker too difficult to get along with. I perceive everything a coworker says to me when correcting my performance as coming with disapproval. I end up taking it personally which sets off the RSD, leaving me fuming and ready to walk out or fight the coworker. All they were trying to do was help me do my job better.

Rejection Sensitivity Dysphoria is a new term emerging in the



JIM CLARK
Groundcover vendor No. 139

neuro-psychology field. It is believed to be a disruption in the brain between the emotional center, the amygdala, and the reasoning area or neocortex. Although not an official diagnosis, medical experts use this phrase to describe it as a sub-condition of ADHD. Its symptoms include low self-esteem and self-doubt, bursts of anger and sadness, negative self-talk, finding it draining to engage in socializing, and/or suddenly becoming quiet and moody. The main characteristic of RSD is a severe negative reaction to rejection and criticism.

For most people, rejection and criticism hurt. For someone with RSD, that little sting of shame feels like a red-hot iron. Living with RSD can feel like a constant sunburn. The brain of

someone with RSD delivers an overdose of stress hormones which cause emotional agony and physical discomfort. RSD brings the chemistry together to make rejection/criticism feel like a vicious personal attack. RSD resembles other process addictions where the key identifier is unmanageability. Those that have it can't "suck it up" and control it. It can produce a never-ending cycle of negative self-talk and self-sabotage. Once referred to as "feeling sorry for oneself" or "beating oneself up," this particular disorder is a silent killer.

As a person recovering from alcoholism and who has the symptoms of RSD, I can tell you there is a very clear link between RSD and homelessness. Like many people, for me, being housed is dependent on being employed. The likelihood of someone with RSD spontaneously quitting a job is high. As a result, rent becomes difficult if not impossible to pay. They fall behind and are either evicted or simply abandon the lease. This has happened to me countless times. For example, I graduated college in 2007 where I studied to be a high school math teacher. Very noble profession, a very gutsy subject to teach, and very dumb for someone with RSD. The students ate me alive. In 2013 I had a mental

breakdown which resulted in a relapse and three months of homelessness.

Today I am aware of my condition. By practicing mindfulness, I can keep tabs on my emotional climate and keep myself focused. I look back on my life and see how much of it now makes sense in the light of this disorder. I am much gentler on myself and have learned to simply say thank you any time someone corrects me. I am among a few fortunate people who have been able to cultivate awareness of how my mental health affects the way I see reality. Mindfulness is a key element when struggling with any executive functioning issue.

The conversation about homelessness and mental illness goes on. We have made the connection, now it's time to solve the problem. What can the mentally ill do when their ability to navigate the "normal" world fails?

People with mental illness simply need a break. Once we are diagnosed with a condition that may make employment difficult, we need some form of accommodation if we are to participate in society. Some mental illnesses are understood and can be treated, but many cannot. If employers could be prepared for this, many lives would be changed for the better.

In loving memory of Cynthia Richards

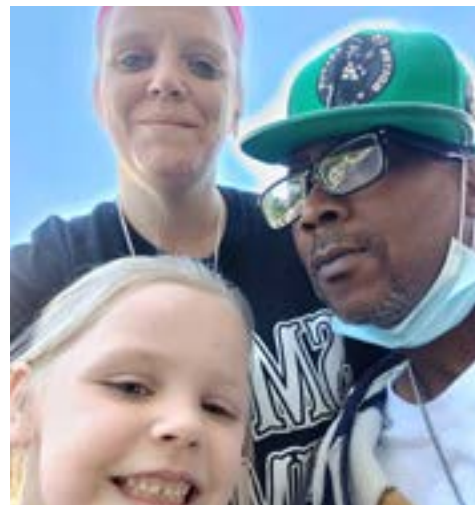
November 23, 1989 - November 20, 2023

Cynthia Richards, vendor No. 537, sold Groundcover during the summer of 2021. After moving to Florida that same year, she remained in contact, often calling the office and sharing updates about her and her children. Cynthia was a fierce protector of her family and sold the paper to make ends meet. We remember her quickly getting the hang of sales because of her friendly and hard-working nature.

"When I think of Cynthia, I think of a person that was a fighter, go getter, and a person who loved her children — even though she was going through what she was going through in life. Believe it or not, she was working to be a better woman for them. Even though she had a lot of hurt in her heart, she was always a cheerful person, laughing, cracking jokes and just being a bundle of joy. She was a loyal person,

even to people that weren't particularly loyal to her. I'm going to miss you even though you're not going to be forgotten.

She left three children, a sister, a brother, her mother and multiple communities behind that truly loved her. She will be missed, but never forgotten. She's an angel in heaven now." — Joe Woods, Groundcover vendor No. 103.



Cynthia, Joe Woods and Kelsey.

ART ON A JOURNEY GALLERY

December 1-23

The Art on a Journey Gallery is a non-profit gallery of local artists who are currently unsheltered, have been affected by homelessness or are housing insecure and at risk of becoming homeless. Each artist is encouraged to express and share their journey through stunning creations of visual art or unique textiles, for example, that are available for purchase.

at The Deep End Cafe & Gallery
310 Perrin St, Ypsilanti, MI 48197
www.tdecade.com

Art by: Alice, Cindy, Eric, Gordon, Rachel, Rose, Sharon and Walt
www.artsonajourney.gallery

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Ignoring car camping as homelessness can be deadly

When a person or family loses housing, the world suddenly changes. From drinking a glass of water to fixing a snack or taking an overnight trip to the bathroom, these are things that can no longer be taken for granted.

Yet many have the dubious distinction of moving into their cars. These vehicles which have housed individuals and families for decades bring on a new set of challenges. The most obvious include keeping the vehicles cool in warm climates and the scorching hot days of summer in others. On the other end of the spectrum is finding enough warmth to make it through the often bitter-cold winter temperatures found in colder climates.

Without question, there have been incidents where individuals have succumbed to the cold or heat while living in their vehicles. Most common are the grim statistics of people suffering heat stroke or those who froze to death. Each time this occurs, it leaves the general public shaking their heads questioning how it could have happened.

There are innumerable opportunities for such tragedies to occur but one of the most obvious is the slow pace at which agencies and the government have approached the issues of the unhoused. While strides have been painfully slow in learning how to meet the needs of unhoused individuals, the progress has been further hampered by the stubborn misperceptions about this group of individuals that continue to persist.



LIT KURTZ
Groundcover vendor No. 159

Much of the assistance is based on the ideas that assume that those who lose housing are somehow flawed and undeserving of assistance in time of need.

As a result, the needs of those who use their vehicles in place of a house are often overlooked. The resources that most agencies provide are food and clothing. Those who are in vehicles seldom receive adequate attention such as car maintenance, repairs and gasoline. Assistance is also often needed in meeting the cost of insurance and monthly payments.

When attention is given to those who are living in their cars or other vehicles, the results have been incredibly promising. A news article that ran in a 2018 issue of "The Seattle Times" reveals how San Diego has outpaced other cities in its parking lot program.

Not only are the families safer in the fenced-in parking areas designated for the unhoused, but it has also been more cost-effective. Most

importantly, the return to housing of those individuals has more than doubled that of other cities with similar lots.

Without the necessary support, the stories of those losing vehicles due to breakdowns from lack of maintenance continue to mount. While many unhoused live successfully in tents, a car adds another level of support and as the San Diego case reveals, the return to housing is faster.

Even without safe parking lots, this housing-troubled decade has brought on increased numbers of people living in their cars. Success stories abound on social media sites and provide a network of support for those who have taken to living in their vehicles. If social media accounts are any indication, it is not hard to imagine more people abandoning buildings and taking to their cars.

While the auto industry says it is reducing the number of sedans for safety reasons, one might surmise that it is ahead in the growing trend of vehicle living and maybe designing vehicles to accommodate the demand.

But for now, the most important concern is for those who are living in vehicles in Michigan. If you know of someone who may be living in a vehicle or outdoors, it never hurts to ask whether they have a warm winter blanket or sleeping bag. One cold winter night without the necessary warmth may make the difference between someone surviving or not.

A note on homelessness in California

Recently in Los Angeles, under the overpass of Interstate Highway I-10, a huge fire erupted where homeless people had camped.

The immediate conclusion jumped to was arson, with the mayor placing the fault on the shoulders of the homeless who were camping out under the overpass. Over 250 truckloads were hauled away, along with all remaining homeless possessions.

The real concerns of the mayor were how much of the overpass may have been damaged, as well as repair time.

Six weeks and minor repairs later, the mayor was recommending most traffic carpool or work from home



JAMIE CAMERON
Groundcover vendor No. 612

due to the large daily volume of traffic using that highway.

They had one suspect in mind, yet the volume of campers there was huge. While I am not a fire marshal

nor a police detective, what I am at this time, is a homeless individual. The area I am staying at is not supportive of the homeless, only some areas are — San Francisco, San Diego and select areas of Los Angeles. Think about it ... not in my backyard.

While I am temporarily sheltered, I am still one of the Homeless and refuse to have this burden placed on my shoulders. My bet may have been a stray cigarette butt or the like, yet they aren't banning anything except the Homeless.

Thank you to our vendors, the paper staff, and especially our supporters! You matter.

What's Happening at the Ann Arbor District Library

Open 10am–8pm Daily

Hang out in any of our five locations across town, browsing books, magazines, newspapers, and more, or check out movies, CDs, art prints, musical instruments, and home tools—you name it! Study and meeting rooms, fast and free WiFi, and plenty of places to sit and hang out.

Exhibits at AADL

In an effort to increase the visual education and artistic experience of all visitors, the Library's exhibition program features local, regional, and national artists as well as traveling exhibitions. Potential exhibitors can submit an exhibit application along with images of the actual works to be considered for review, which will be examined by the Library Exhibits Committee.

Printing

Need to print something? We can help! AADL will print up to 30 pages per person each week and leave your print job at the library of your choice. Requests submitted between 8am and 4pm will be ready for pickup the next weekday! No color printing is available. Visit aadl.org/printingprocess for more.

FEATURED EVENT

TINY EXPO

Saturday, Dec. 9 • 11am–6pm

Downtown Library

Join us this month for Tiny Expo, the annual indie art and craft fair where you'll discover the wondrous work of over 50 talented artists and crafters selling handmade wares in the heart of downtown Ann Arbor. It's the perfect way to support your community and find unique gifts.

Groundcover's third open mic showcases vendor talents, entrepreneurship

MARGARET NEEDHAM
U-M student contributor

On November 17, Groundcover contributors, vendors and volunteers alike came together at Argus Farm Stop on Liberty Street to celebrate and honor the accomplishments vendors had brought to Groundcover in recent months. With delicious food provided by Pilar's Tamales and surrounded by good company, vendors were able to share their opinions on various topics, perform songs, as well as speak some of their own inspirational stories and poems, which were both touching and motivating for the listeners in the audience.

For me, the most entertaining part of the night was when Desmond, a returning musician and volunteer for Groundcover, played a beautiful piece of music on his cello called "Bridging the Gap." Composed during the pandemic, this piece focused on the theme of creating human connection — "physical bridges first and then bridges of the sight." Listening to this, the audience was able to rest and relax their minds before the rest of the speakers gave their testimonies.

One special speaker who came up to the mic was Xavier Carbajal, who told stories about his life and meaningful experiences that he has learned from. "God kept me alive to keep fighting, and I don't understand why," said Xavier during his testimony. He said that every time he dies, Saint Peter is there waiting for him at the gates of Heaven, urging him to come forward. But, God continues to say to him, "Hold it. Hold it. You're not done yet, I am sending you back."

Xavier is not sure why God has kept bringing him back, but he knows that he has to fight no matter what. Even though he has been through many hardships over the course of his life, Xavier kept on going and is very successful nowadays, showing everyone that night that it is possible to persevere in the face of hardships and trials. He recommends that everyone reads his books on Amazon, which you can find when you search his name on the website.

Later in the night, Groundcover vendor No. 570 Teresa Basham came up to the microphone, despite her stage fright, and talked about her two poetry books. She is currently selling her first book for \$40. Once her second book comes in from production in December, she will be selling the two together for \$75. She shared one poem from her new book on Friday night, where she emphasized human desire and love. "I am a different breed, no other is made like me. I am a craving soul indeed," said Teresa. She is extremely passionate about her poems, and she highly encourages everyone to check them out if they get the chance.

Despite not being on the signup list to present, Brian was one of the last individuals to speak at Open Mic Night, as he felt a strong desire in his heart to do so. During his time onstage, he highlighted the cover story of one of the last Groundcover issues that was published, in which a man named Shihab Jackson was featured. He sympathized with Jackson's story and urged the audience to read it, and take action. Going forward, Brian hopes that everyone "always reads



Juliano Sanchez, vendor No. 174, orated his two most recent Groundcover articles on mythology.



Both Teresa Basham (left) vendor No. 570 and Sandra Gomez (right) vendor No. 61 recited poetry.



Groundcover because it's one of the only places you can find what is happening in our community."

Reflecting upon what these vendors, contributors and supporters of Groundcover had to say at the microphone that night, each story and testimony was truly its own enlightening experience. Because this event does

not happen every weekend, the community is encouraged to make it whenever its scheduled, even if they are only able to attend for thirty minutes. As the vendors and staff would say, come out and support Groundcover News if you are able — it would mean the world to them!

Adore

TERESA BASHAM
Groundcover vendor No. 570

My love I'll never say goodbye,
Thee sea may rise,
Thee sky may fall,
No matter my love will never die,
I'll go bravely on,
I may cry,
Through thee blackest night,
My drownin heart,
From all thee tears I cry,
I know this love will never part,
For I'll think of forever more,
My love will never die,
I may weep forever more,
You'll always be,
Thee one I adore.

A day in the life of Earl

EARL PULLEN
Groundcover contributor

As the eye
Of a lark the
Sun will shine
As the dew of night falls
On the land
You can never judge
A man by what you see
It's all in a riddle
And all in a rhyme
The steeper the hill
The harder the climb
I say to you
In a little rhyme
I love you
To the end of time

Voices from the past: a closer look at UMMA's Hear Me Now

Become immersed in the journey of resilience encapsulated in the 'Hear Me Now: The Black Potters of Old Edgefield, South Carolina' exhibition at the University of Michigan Museum of Art. The exhibit is both a lament for lost voices and a celebration of creative spirit flourishing despite hardship; it is a collective testament to the African-American legacy forged in the Old South.

The American South's contribution to the national arts scene is often overlooked, and UMMA set out to change that. Their staff and scholars carefully chose the exhibition to reveal an untold, significant chapter of American history. In this exhibition, history's challenging periods intersect with the potters' incredible resilience and creativity.

Many significant works in the exhibition are by David Drake. Despite being an enslaved poet and potter, his surviving pieces boldly bear his signature, a defiant act at a time when South Carolina's laws prohibited such self-assertion from enslaved individuals. An echo of defiance resonates in his work's underlying themes, as his inscriptions daringly critique the unequal societal norms of his time.

"Inscribed with poetic defiance, David's monumental pots refuse to be silenced, and they carry the power of unarticulated



DAREK ZARUR
U-M student contributor

voices," explains resident Jack Shanahan, reflecting his views on the exhibit. "These showcases serve to enhance community inclusivity; they are truly inspiring."

The exhibition also showcases works created by unknown potters, highlighting the unsettling reality that these masterpieces originated from nameless slaves. In a moving tribute, UMMA leaves a blank space where the artist's name should be on these pieces. It serves as a stark reminder of the stolen labor of enslaved individuals, thereby challenging us to confront and fill in the painful voids of our history tied to slavery.

Among the traditional works, the exhibit presents the work of current artists whose pieces are anchored in Edgefield's legacy and instinctively respond to the untold stories of enslaved artists. Bridging the past and present, the

exhibition includes photographic representations of works such as "K.S." by Adebunmi Gbadebo and "Large Jug" by Simone Leigh. These pieces underscore the persistent influence of traditional art forms and historical narratives. Added to this dialogue are artifacts like "Face Jug" and "Jug," serving as links to this powerful history. Each of these works provides a window into not just the skilled hands that crafted them but also the lives intertwined with their creation. The deep layers of every pot bear the imprint of the Old South and stand as a testament to not only the remarkable artistic prowess of the enslaved artisans but also their untold legacy. It's a legacy marked by resilience and creativity, blossoming amid staggering adversities, waiting to be fully acknowledged and appreciated.

The 'Hear Me Now' exhibition stands as a tribute to the unsung contributions of African-American potters and as a testament to the triumphant human spirit soaring amid adversity. Let's not just walk past these extraordinary works. Let's stop, gaze and in doing so, remember those gifted and resilient souls who twisted clay into expressions of defiance. They were people whose names we don't know, yet their touch lives in every pot, jug and sculpture.

A shout

PETER LINEBAUGH
Groundcover contributor

Cop City — Gaza City
Atlanta Forest — olive groves

The promised land
The *mushā*
40 acres and a mule

That was then. What now?

A mite, a penny, a paycheck, wages
All illness, illth illth
Only health is wealth:
wealth-health, health-wealth
Compost filthy lucre
billion trillion, trillion billion

People the color of the earth
Palestine Maya Creek Muskogee
Reconstruction — Land Back
Abolition — Jubilee
Common once again from the river to the sea.

Cop City — Gaza City
Atlanta Forest — olive groves

The promised land
The *mushā*
40 acres and a mule

That was then. What now?
Abolition jubilee
Common once again from the river to the sea.



Top: Face jug by _____ (Potter once known), attributed to Miles Mill Pottery. Bottom: Large jug by Simone Leigh.




St. Francis of Assisi Parish

"If God were your Father, you would love me,
for I came from God and am here;
I did not come on my own, but he sent me."
— Christ Jesus (John 8:42)


Come Worship With Us!

Mass Schedule
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Sunday 8:30 am, 10:30 am,
12:30 pm, 5 pm

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www.StFrancisA2.com 734-821-2100



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- EBT welcomed
- Fresh, seasonal food
- Friendly staff

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Christian mythology

SCOOP STEVENS
Groundcover contributor

The Gospel of Jesus Christ was created after the Jewish Temple was destroyed by the Roman army led by Titus Flavian in 70 CE. This ended the Jewish-Roman War (66-70 CE) and the Jewish nation. To prevent a possible rebellion in the Jewish diaspora, Roman elites invented a pacifist messiah to replace the militant one the Jewish people were anticipating. This is the origin of Christian mythology.

There is no evidence to support the existence of Jesus. There are only people repeating rumors and rhetoric of his supposed

existence. The essence of Christianity is that of a state religion and it must be guarded against.

Christianity had always been a religion of the rabble and dangerous to civilization. Second-century pagan critic of Christianity Celsus and other Roman writers believed that Christians were dangerous because they put the advancement of their beliefs above the common good and welfare of the state.

No doubt our constitutional order will be put to the test by the dangerous demagogue Donald Trump. He will exploit the ignorance of Christians in his quest to become president again.

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Welcome to the Winter Market

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9am-1pm

Closed on Holidays

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Income guidelines have **INCREASED**.
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FREE

Weatherization can include:

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Apply today at bit.ly/wx-app or call (734) 544-3008!

Homeowners and renters can apply!

Income must be at or below 80% area median income (AMI) to qualify:

Household Size	1	2	3	4	5	6
Income Limit 80% AMI	\$62,600	\$71,550	\$80,500	\$89,400	\$96,600	\$103,750

Benefits of Weatherization

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- Lower Utility Bills
- Energy Savings
- Improved Health and Safety

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415 W. Michigan Ave, Ypsilanti

washtenaw.org/weatherization

Sudoku ★★★★★ 4puz.com

3			2	7			8
1			9	4			7
		2	3	1	5		
4	1					2	6
		6			9		
9	3					1	5
		4	8	3	6		
2		4		5			9
8		6	2				1

Fill in the squares so that each row, column, and 3-by-3 box contain the numbers 1 through 9.

Groundcover Vendor Code

While Groundcover is a non-profit, and paper vendors are self-employed contractors, we still have expectations of how vendors should conduct themselves while selling and representing the paper.

The following is our **Vendor Code of Conduct**, which every vendor reads and signs before receiving a badge and papers. We request that if you discover a vendor violating any tenets of the Code, please contact us and provide as many details as possible. Our paper and our vendors should be positively impacting our County.

- Groundcover will be distributed for a voluntary donation. I agree not to ask for more than the cover price or solicit donations by any other means.
- When selling Groundcover, I will always have the current biweekly issue of Groundcover available for customer purchase.
- I agree not to sell additional goods or products when selling the paper or to panhandle, including panhandling with only one paper or selling past monthly issues.
- I will wear and display my badge when selling papers and refrain from wearing it or other Groundcover gear when engaged in other activities.
- I will only purchase the paper from Groundcover Staff and will not sell to or buy papers from other

Groundcover vendors, especially vendors who have been suspended or terminated.

- I agree to treat all customers, staff, and other vendors respectfully. I will not "hard sell," threaten, harass or pressure customers, staff, or other vendors verbally or physically.
- I will not sell Groundcover under the influence of drugs or alcohol.
- I understand that I am not a legal employee of Groundcover but a contracted worker responsible for my own well-being and income.
- I understand that my badge is property of Groundcover and will not deface it. I will present my badge when purchasing the papers.
- I agree to stay off private property when selling Groundcover.
- I understand that my badge is property of Groundcover and will not deface it. I will present my badge when purchasing the papers.
- I agree to stay at least one block away from another vendor in downtown areas. I will also abide by the Vendor Corner Policy.
- I understand that Groundcover strives to be a paper that covers topics of homelessness and poverty while providing sources of income for the homeless. I will try to help in this effort and spread the word.

If you would like to report a violation of the Vendor Code please email contact@groundcovernews.com or fill out the contact form on our website.

CROSSWORD

from the International Network of Street Papers

ACROSS

- Coffee order
- Priestly garb
- Qur'an chapter
- "La Bohème," e.g.
- "___ bad!"
- Clear, as a disk
- As a rule
- Cross threads
- "La Scala di ___" (Rossini opera)
- Flock member
- Hotel amenities
- Flock leader
- Anger
- Senior politician
- Crystal-lined rock
- Very small
- Ova, e.g.
- Traffic jam
- Friar
- Hungarian joke
- Eton or Hogwarts
- Absorb, with "up"
- Peanut butter choice
- ___ Rica
- Game on horseback
- Edge
- Dislike, and then some
- Theorist
- Fowl place
- Shade provider
- Edmonton hockey player
- Former frosh
- Legal thing
- Light refractor

DOWN

- Feet, slangily
- Blunted blade
- Penny

- Length x width, for a rectangle
- A ways away
- Famous Etta James song
- Nabokov novel
- Refuses to shop at
- Puts in stitches
- Compound in fertilizer
- Basket material
- Back, to a sailor
- "Siddhartha" author
- "Ah, me!"
- Ancient Roman magistrate (Var.)
- Curb, with "in"
- ___ roll
- Grassland
- ___ Perignon
- Swelling
- Grab
- Biblical gift
- Aims
- More revealing
- "Seinfeld" uncle
- Amateur video subject, maybe
- Amigo
- Owie
- Thrift store (Aus.)
- Noggin
- Robots in Jewish folklore
- Greek portico
- Traumatizes
- Brit's "Baloney!"
- Song and dance, e.g.
- Coconut fiber
- Wrinkly fruit
- Petitions
- Popular hairstyle in the 80s
- Chop (off)



Left: Julius Buzzard, director of Growing Hope Urban Farm and Argus staff member Alexandra Granberg during Argus Food Talks. Middle: (pictured left to right) Laurin Wolfe, Director, Conner Levy, Vice President, Beverly Ruesink, Needle-Lane Farms, Susan Randall, President. Photo Credit: Patrick Zabawa, Treasurer. Right: Photo of Ruesink with son, Baszyl, 12, in the background on a video monitor. Ruesink also has a daughter, Stella, 6.

Improve your health, support local business

Would you rather spend money on medical bills or better food?

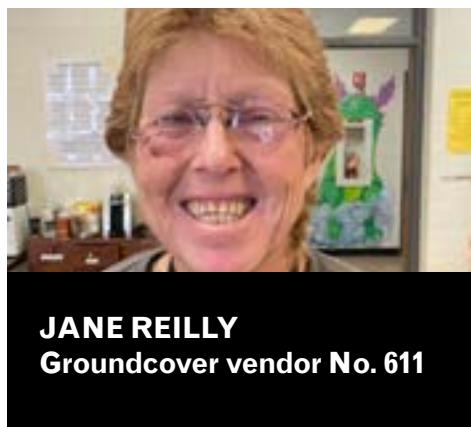
Currently, an astounding 41.9% of American adults, 29.5% of adults over 65 and 19.7% of children at all income levels are obese, according to Trust for America's Health and the Center for Disease Control and Prevention.

Congressman David Schweikert, (R-AZ), co-chair of the Joint Economic Committee, details in the Republican section of the 2023 JEC's response to the 2023 Economic Report of the President how obesity and obesity-related diseases will contribute \$5.6 trillion to the national deficit over the next decade. Obesity is one of the largest contributors to Medicare and Medicaid spending. The entire JEC Report is at: www.jec.senate.gov/

One of the things that the Federal government is considering is removing junk food, especially soda pop, from food stamp benefits. This is comparable to government efforts to shift U.S. culture away from smoking in the 1960s. According to Schweikert, this could enhance the health of Americans, reduce income inequality and help the Federal budget.

"I don't think people wake up every day and say, 'I'm only going to spend my SNAP Benefits on junk food,'" said Claire Austin, who co-manages the Ypsilanti Farmers Market with Vivi Nguyen. "The big issue is access. This is part of the reason why we have Farmers Markets. It definitely contributes to a healthy community."

Obesity has been found to substantially reduce lifespan, with life



JANE REILLY
Groundcover vendor No. 611

expectancy decreasing as Body Mass Index increases. Obesity is a causal risk factor for many other diseases, including but not limited to diabetes, cardiovascular diseases such as heart attack and stroke, sleep apnea and cancer. One out of every three heart attack or stroke deaths and one in twelve cancer deaths are associated with being overweight. Obesity has also been linked to impaired mental health, according to the JEC report.

"Much of the direct benefit of increased lifespan would go to women, as well as Black and low-income adults," states the JEC report. "Research by Zachary J. Ward et al. suggests that Class 3 obesity, the highest, will be the most common Body Mass Index category for these three demographic groups by 2030. Because reducing obesity carries with it employment, productivity, and income benefits, it might also contribute to reducing income inequality."

Food is now an investment in our health.

Planning to grow, shop for and prepare food requires a commitment to a lifestyle change of budgeting both time and money.

The price difference for apples between the national grocery chains and a regional chain is about 89 cents on sale and \$2.20 not on sale. The difference between the national and regional chains and Washtenaw County stores that sell apples from local farms can be as much as \$2.10-\$7.50. The quality of taste and freshness increase substantially with the price increase. Organically grown foods have an intense flavor. Vegetables have no saturated fat, cholesterol or added sugar. The United States Department of Agriculture announced on Nov. 14 that the Ann Arbor Fair Food Network received a grant of \$8,438,060 to continue SNAP Double Up Bucks through 2025.

It is estimated that in 2023 obesity will cause \$5,155 in average excess medical costs per person per year based on research by JEC economists. Heart attack patients in Michigan paid \$25,679 in 2019 according to Sidcar Health and \$58,779 for bypass surgery. For uninsured patients, the median cost of hospital care following a heart attack was \$53,384 in 2017, according to the University of Texas Southwestern Medical Center.

"We are what we eat," said Beverly Ruesink, 45, owner of Needle-Lane Farms, 6376 Tipton Hwy, Tipton, MI. "It's really that easy."

Ruesink spoke at "Meet Your Farmer," an event at the People's Food Co-op in Ann Arbor on Nov. 5, to

"open the cafe in a lively manner on the weekends," said Connor Levy, PFC Vice-President and Chairman of the Community Engagement Committee. The PFC has reported net operating losses of \$197,026 in the first half of 2023 and Ruesink expressed concern about the future of local farming.

"It's a struggle and it's real," Ruesink said. "The change in our society where we work at home and have things delivered has changed the game. There's no cheap, easy way. It's hard work and who wants to work hard?"

Both Argus Farm Stop and the PFC hold community events to draw customers. There is an Annual Winter Artisan Market on Sat. Dec 2 from 9 a.m.-3 p.m. at the Argus Packard Cafe, which lists its weekly events for three locations on the website. The Ypsilanti Winter Indoor Farmers Market, at the Market Place Hall (behind the building with the Farmers Market marquee), featured live music on Nov. 18. A keyboardist was one of 20 vendors including farmers, bakers, prepared food and oracle readings.

"We want to implement changes to try and reach a wider area of Ypsilanti," Austin said. "We want to bring in more community members. We want to feel more community owned and community grown."

Ruesink is practical about the community's financial involvement and investment.

"The problem is people have to go to work, then they have to take their

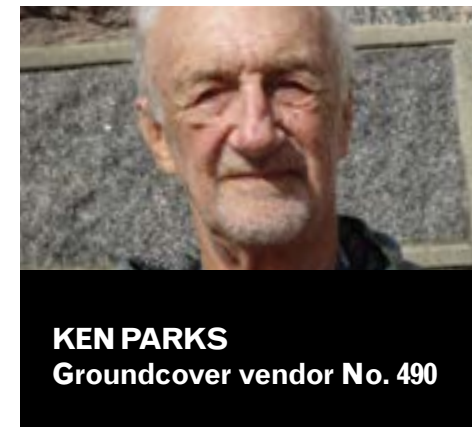
see **HEALTH** next page ➡

10 days that shook the world

Looking at history as it spills into current events, one of the best observers and analysts was V. I. Lenin, whose writings and activities around WWI and the Bolshevik Revolution are legendary. He once commented, "There are decades when nothing happens and there are days when decades happen." One of the best reporters of that time was John Reed, who went to Russia to report on the revolution as it was happening in 1917. He died in Russia in 1920 and is buried in the Kremlin Wall Necropolis. Phil Carroll, a lifelong peace activist from Ann Arbor, visited his grave in 1973 when he went to a World Peace Council meeting in Moscow.

John Reed wrote "Ten Days That Shook The World," a feet-on-the-ground, fully engaged report about the Bolshevik revolution, which began during World War One. When the war ended, the allies fought in the bloody civil war against the Bolsheviks who won in 1923 and socialism struggled to mature until the time of Gorbachev, when the experiment was changed by Yeltsin into the age of oligarchs and collusion with financial globalism.

The commonwealth, including large gold reserves, disappeared in a privatization frenzy that caused great suffering for the people of the former Soviet Union. Putin is popular in part because he broke the chokehold the oligarchs



KEN PARKS
Groundcover vendor No. 490

had on the people.

Humans often tolerate — and even promote dysfunctional illusions — for generations before reality erupts and a sane world arises. A new social body is born and struggles to mature. Some die prematurely but a memory may persist as in the Paris Commune, an inspiration from the heart and mind of the working class, which shook the world for 3 months in 1871. Our power of creativity is deep and real. Luiza Duarte Caetano, one of our Groundcover volunteers, is doing a thesis on a novel by Louise Michel which was born from her experience in the Paris Commune.

Your engaged participation can make a difference as the American experiment in freedom faces a war machine of our own making. Taking responsibility for our collective actions and making good choices amid the

violence that engulfs our world is the task before us. Breathe peace and move towards a peaceful convergence as we learn that "the struggle makes us human." If we practice mind training we can begin preparing for a mass meditation sit-down strike.

This could create the conditions for a peace conference on composting the war machine. Eventually, the culture of war will go from "swords into plowshares" as we grow the inner and outer peace that so many of us want. Awaken to the love within you and let it flow. Groundcover News will help.

The world may simmer for a while before it boils over and starts shaking. "The Silent Coup, How Corporations Rule the World" is the book that shows the level of struggle we are in today. Honduras is heroic now. Mark Kennard, one of the authors is with Chris Hedges in a podcast that will give you great insight into this world and the struggle for freedom. I hope to see some of you at the vigil every Friday at 5:30 p.m. on the corner of Liberty and Fifth.



There are food hubs in Ann Arbor (Washtenaw Food Hub) and Ypsilanti (Growing Hope). There is also the Ann Arbor People's Food Co-op and the Ypsilanti Food Co-op. Many local farms sell directly to the public from their farms or at the Farmer's Markets, also in both cities.

The Ypsilanti Winter Indoor Farmer's Market only runs until Dec. 16. Online is year-round with pickup on Tuesdays from 3-7 p.m. at the Farmer's Marketplace, 16 S. Washington. The Ann Arbor Farmers Market, 315 Detroit St., is open 7 a.m. - 3 p.m. Saturdays and Wednesdays through December and 8 a.m. - 3 p.m. on Saturdays from January to April. Shops such as Argus Farm Stop only sell

local food, allowing farmers to price their products and receive 70% of the selling price.

Argus Farm Stop in Ann Arbor, as well as the food co-ops and the Farmers Markets in Ann Arbor and Ypsilanti are examples of food communities working together, albeit with fierce competition. Various prepared foods sold at Argus come from entrepreneurs who use the Growing

Hope incubator kitchen and local farmers. Growing Hope, a non-profit, runs the Ypsilanti Farmers Market, and Tantré Farms runs the Washtenaw Food Hub.

The Ann Arbor PFC advertises "Meet the locals," promoting Garden Works, Revolution Farms, Tantré Farms, Community Farm, Needle-Lane Farms and We The People Opportunity Farm. The Ypsilanti

Winter Indoor Farmer's Market on Nov. 18 included farmers from Good Medicine Farms (Norris Stephens), Karpo Farms (Steve Karpo), Hobby Gardening (Alvaro Perez), Fungi Revival (Mel Havelka and Tonya Harris), Taylor Honey Farms (Neil and Deborah Taylor), SS Family Produce and Health Harvest Farm (Fred and Tina Peebles). There are many community gardens.

Ruth Beck's pecan sticky buns

ELIZABETH BAUMAN
Groundcover contributor

From the program "One Batch of Dough" by Ruth Beck (1934-2021) of Buckingham Township, Iowa. Mrs. Beck taught a bread-making class beginning in 1969 at the YWCA of Waterloo, Iowa. Over the years, she presented the program hundreds of times at various venues, and countless people throughout the Midwest learned the joys of bread baking through her teaching.



gently punch down and form it into a rectangle about 12 x 18 inches. Spread softened butter over the surface of the dough, then sprinkle brown sugar and cinnamon over the butter. Roll the long edges tightly, and cut into 1-inch slices.

Sticky Bun Topping

1/2 cup butter
3/4 cup brown sugar
1/2 cup maple syrup
1 cup pecan halves or pieces

Melt the butter over low heat, then stir in the brown sugar and maple syrup. This will make enough for a 9x13 pan and a loaf pan. Divide the sticky bun topping mixture between the pans. Sprinkle the nutmeats over the mixture.

Place the dough slices on the cooled sticky bun topping. Cover the pans, and let the dough rise a second time. When doubled in size, place in a pre-heated 350-degree oven and bake for about 25 minutes. Let cool for 10 minutes after removing from the oven, then loosen the sides with a knife or spatula, and invert the rolls on a heat-proof platter. Serve warm if possible!

Yeast Roll Dough

1 package or one tablespoon of dry yeast, dissolved in 1/4 cup warm water.
1 cup milk
1/2 cup butter
1/2 cup sugar
1 Tbsp salt (this is not a typo!)
1 cup lukewarm water
6 cups flour, divided
1 egg

Heat cup of milk to 180 degrees. Add butter, sugar, salt and lukewarm water. Cool the mixture to lukewarm, then beat in 2 cups of flour and egg. Add the yeast mixture and remaining 4 cups of flour to make a soft dough. Mix well.

Knead lightly, cover with a clean dish towel, and let rise until doubled. While the dough is rising the first time, make the sticky bun topping and let it cool.

Filling

1/2 cup softened butter
1/2 cup brown sugar
2 Tbsp cinnamon

When the dough has doubled in size,



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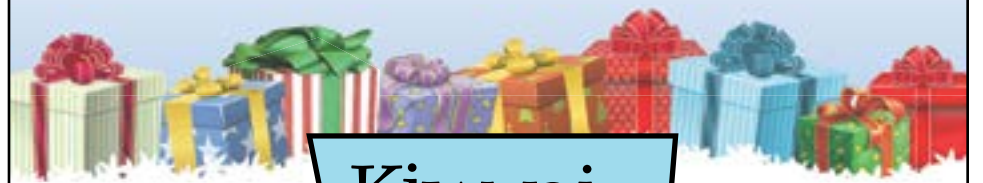
Holiday Gifts, Decorations, Tree Sale

November 3 - December 30

Toy Sale

November 24 - December 30

**{ Fridays from 9 am - 1 pm and
Saturdays from 9 am - 3 pm }**



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Thrift Sale

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a2kiwanis.org

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3	4	9	2	5	7	1	6	8
1	8	5	9	6	4	2	3	7
6	7	2	3	8	1	5	9	4
4	1	7	5	3	9	8	2	6
5	2	6	1	4	8	9	7	3
9	3	8	7	2	6	4	1	5
7	9	4	8	1	3	6	5	2
2	6	1	4	7	5	3	8	9
8	5	3	6	9	2	7	4	1

DECAF	ALB	SURAH
OPERA	TOO	ERASE
GENERALLY	WEFTS	
SETA	LAIC	SAFES
	PASTOR	IRE
ELDER	STATESMAN	
GEODE	TINY	
GAMETES	SNARLUP	
	MONK	TREFA
BOARDING	SCHOOL	
SOP	SMOOTH	
COSTA	POLO	CUSP
ABHOR	IDEALOGUE	
ROOST	ELM	OILER
SOPHS	RES	PRISM



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